

Activity: Grief Puzzle

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RESOURCE CENTER

Objective

We all grieve differently and experience different emotions during our grief journey, even if we are grieving the death of the same person. The grief puzzle is a great activity to do with your family or friends to show how grief is a different experience for each person.

Instructions

- Cut a large piece of paper into puzzle pieces (make sure that everyone has at least one puzzle piece).
- Choose which prompt (see box to the right) you would like to represent on your puzzle piece.
- Using pictures, drawings, designs, or words, color your puzzle piece to represent your answer to the prompt.
- When everyone has completed their puzzle piece, assemble the puzzle together.
- Take turns sharing about your puzzle piece and your chosen design.



Supplies

- Construction paper or butcher paper
- Scissors
- Colored pencils, markers, or crayons

Grief Puzzle Prompts

- If grief was a color...
- If grief was a song...
- If grief was an animal...
- If grief was a flavor...
- If grief was a building...
- If grief was a sound...